



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sugar Snap Peas


Just 100 grams of sugar snap peas contain 100% of the vitamin C you need in a day! Along with lots of vitamins K & A.



3 Sticky Beef Mini Steaks with Stir-Fried Rainbow Veggies

Mini steaks, MEGA flavour! Lots of Asian-style veggies and sauce, served over basmati rice, for that take-away feeling with none of the guilt.

 30 minutes

 2 servings

 Beef

26 October 2020

Little taste buds

There are lots of exciting flavours in this dish like ginger, soy sauce, sugar and vinegar. There's also heaps of different textures like steaks, sauce and crunchy veggies. Why not invite your kids to join you in the kitchen to taste test and talk about the many sensory experiences as you cook?

FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
BEEF STEAKS	300g
RED ONION	1/2 *
RED CAPSICUM	1/2 *
ASIAN GREENS	2 bulbs
SUGAR SNAP PEAS	1/2 bag (75g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (we used sesame), pepper, soy sauce, oyster sauce (optional, see notes), red/white wine vinegar, sugar (of choice)

KEY UTENSILS

large frypan or wok, saucepan

NOTES

If you don't have oyster sauce, replace with sweet chilli sauce or add an extra 1/2 tbsp soy sauce.

Use the rice container to easily measure right amount of water.

No beef option – beef steaks are replaced with chicken schnitzels. Increase cooking time to 4–5 minutes on each side or until cooked through.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x the amount of water (see notes). Bring to the boil and simmer for 12–15 minutes, or until tender. Drain and rinse.



2. MARINATE THE STEAKS

Grate ginger to yield 1/2 tbsp. Mix with **1/4 tbsp oil, 1 1/2 tbsp soy sauce, 1 tbsp oyster sauce, 1/2 tbsp vinegar, 1 tbsp water and 1/2 tbsp sugar.** Quarter steaks, marinate in 1 tbsp of the sauce and keep aside.



3. PREPARE THE VEGGIES

Slice onion, capsicum and Asian greens. Trim sugar snap peas. Keep all separate.



4. COOK THE STEAKS

Heat a frypan over medium–high heat. Add steaks and cook for 3–4 minutes each side or until cooked to your liking. Remove and cover to keep warm. Reserve pan.



5. COOK THE VEGETABLES

Add **1 tbsp oil** to pan. Add onion and cook for 2 minutes. Add remaining vegetables and sauce. Cook, stirring, for 2–3 minutes, until just tender. Season with extra **soy sauce and pepper.**



6. FINISH AND PLATE

Serve steaks, vegetables and rice in bowls.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

